



# INVENTIS®

CREATIVE BAKING SOLUTIONS



✓ **the bread is a source of vitamin E, zinc, magnesium, potassium, dietary fiber, protein and has a high content of phosphorus, copper and manganese**



BREAD

## FITNESS ROLL

### BAKERY MIX

*for the production of wheat grain bread*

Fitness Roll is a 30% bakery mix recommended for the production of wheat grain rolls, but is also great for bread preparation. The product is intended for consumers who lead a healthy lifestyle and are interested in functional food. A properly selected formula, which includes the amount of approx. 16% of grains in a baked product, ensures a long feeling of satiety while providing health benefits. The finished product is a source of: vitamin E, zinc, magnesium, potassium, dietary fiber and protein, and also has a high content of phosphorus, copper and manganese. Fitness rolls are distinguished by a moist, elastic crumb, long-lasting freshness of the bread and a thin, dark golden crust with visible grains. The product is suitable for both in manual and machine processing. The bakery mix bears the „Clean Label” mark.

#### DIRECTIONS FOR USE

30%, i.e. 30 kg of mix for 70 kg flour (directly into flour before kneading).

#### STORAGE CONDITIONS

Store in tightly closed packaging in dry and well-ventilated area, protect from direct sunlight (maximum temperature 25°C).

#### PACKAGING

25 kg bag

**CAUTION:** The product may contain: milk and derivatives, eggs and derivatives, sesame.



ROLL



BREAD

## ADVANTAGES

- ✓ *the grain content in the mix is 74%, which is 16% in the baked product*
- ✓ *long-lasting freshness of rolls*
- ✓ *unique taste thanks to the high content of grains*
- ✓ *elastic crumb and thin crust*

RECIPE	FITNESS ROLL	FITNESS BREAD
Fitness Roll Mix	300 g	300 g
Wheat flour type 500	650 g	-
Wheat flour type 750	-	650 g
Graham flour type 1850	50 g	50 g
Salt	18 g	18 g
Yeast	40 g	40 g
Water	550 g	550 g
<b>TOTAL</b>	<b>1 608 g</b>	<b>1 608 g</b>
M A N U F A C T U R I N G		
Kneading (spiral)	4' + 6'	4' + 6'
Dough temperature	25 - 27° C	26 - 28° C
1st fermentation (ambient temperature)	20'	20'
Dividing and shaping	approx. 90 g	as desired
2nd fermentation (30° C / 80%)	15'	25' - 35'
Baking (hearth oven)	15' - 17' / 220 - 235° C	25' - 30' / 225° C



Inventis a complete range of products for bread baking. It allows bakers to create varied and tasty recipes only limited by their imagination. Inventis is a great tool to ensure customer satisfaction.



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